



Canadian
Heritage

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Government
Publications

Speak Out!



CASSIE CAMPBELL
Olympian, Hockey

**Abuse and
Harassment can
Be Stopped.**



**GEORGETTE
REED**
Olympian,
Athletics



J. P. CANTIN
Olympian, Judo

What are

abuse and harassment?

ABUSE - when an older person uses his or her power over you in a way that is harmful to you, for example:

- forcing you to play when injured
- terrorizing you by shouting or threatening you
- forcing you to perform a sexual act



CASSIE CAMPBELL

HARASSMENT - When a peer repeatedly tries to humiliate you or intimidate you, for example:

- making racist comments
- threatening you with physical harm
- making cruel personal jokes
- teasing you about your body or sexual orientation

Who can help?

- Someone you trust -

Name: _____

Phone: _____

or call

Kids Help Phone

1-800-668-6868

It's your right to be safe!

KIDS HELP PHONE
JEUNESSE, J'ÉCOUTE



Kids Help Phone and Bell Online

<http://kidshelp.sympatico.ca>



Canadian Red Cross

Abuse Prevention Services

It can
**happen
anywhere!**

- in arenas, pools, gyms, dressing rooms, cars, buses, homes, on the street.....anywhere!

Speak Out

- it is not unusual to feel confused, depressed, ashamed, afraid or angry
- keeping silent won't make the problem go away
- talk to someone you trust
- keep talking until someone listens to you



J. P. CANTIN

It's no joke

- abuse and harassment are illegal
- NEVER make a false accusation or spread untrue stories
- if you are unsure, seek confidential advice from a reliable person.



GEORGETTE REED

Helping a friend -

If a friend is being abused or harassed, you can help by:

- listening
- believing
- seeking help - no secrets!
- supporting

**For more information visit the website of the
Harassment and Abuse in Sport Collective. The
Collective was formed in 1997 when over 35 sport
organizations and governments joined forces to
confront the issue of harassment and abuse in sport.**

[http:// www.harassmentinsport.com](http://www.harassmentinsport.com)

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